

Travel Guide to Cameroon

How to Be Prepared

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SPECIAL POINTS OF IN- TEREST:

- Elections in Cameroon will be held on October 9, 2011
- For Embassy emergency contact information go to <http://go.usa.gov/06G>

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Water conservation

Dry season is on its way in. We all need to do our part to conserve water.

Here are some helpful tips:

Reduce

- Avoid flushing the toilet if it is unnecessary.
- Try to take shorter showers.
- Don't let the water run while washing your face or shaving.

- Put a cover over your pool to reduce the amount of water that is evaporated.

Reuse

- Wash clothes only when there is a full load.
- Water outdoor plant with previously used water.



For more information please go to:

<http://go.usa.gov/0o4>

How to prepare for an emergency

With elections coming up, it is important to reflect on how to protect you and your family. Here are some tips.

1. Get a battery operated or solar radio.
2. Make sure that your

generator has a full supply of gas

3. Stock up on water
4. Make sure that there is plenty of nonperishable food at your house
5. Don't forget to keep

some items in your car as well.

For more information go to: <http://bit.ly/naTndL>



Make the perfect emergency kit

Here are some ideas of things you might want to have in your emergency kit:

1. Water— The average person normally consumes 1 gallon of water per day. So you will need one gallon per person and you should plan ahead for 3 days. The water is used for both drinking and sanitation.
2. Food— You should have at least a 3 day supply of non perishable food
3. Flashlight— You should keep a few flashlights or lanterns in your emergency kit. You should also have extra batteries.
4. A first aid kit
5. Whistle— Whistles come in handy when trying to signal for help.
6. Dust mask— To help filter contaminated air.
7. Duct Tape
8. Moist towelettes and hand sanitizer
9. Garbage bags and plastic ties
10. Multipurpose tools
11. Can opener
12. Local maps
13. Cell phone with charger
14. Medicine— If needed
15. Important documents— For example identification or passports.
16. Sleeping bags
17. Complete change of clothes
18. Money
19. Mess kits
20. Books, games, coloring books, or other activities for children.

For more information about how to prepare yourself in case of an emergency go to <http://www.ready.gov/>



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GUIDE TO
CAMEROON



What belongs in your First Aid Kit

This list of supplies was compiled by the Department of Home Security. It will help you put together a sufficient First Aid Kit.

- At least 20 adhesive bandages in various sizes
- 5x9 sterile dressing
- Conforming roller gauze
- Triangular bandages
- 3x3 sterile gauze pads
- 4x4 sterile gauze pads
- Roll 3" cohesive bandage
- Germicidal hand wipes or hand sanitizer
- Antiseptic wipes
- At least 2 pairs of large medical gloves
- Adhesive tape, should be about 2" in width
- Anti-bacterial ointment
- Cold packs
- Scissors
- Tweezers
- CPR breathing barrier
- First Aid Manual
- Aspirin or another pain reliever
- Anti-diarrhea medication
- Antacid– for an upset stomach
- Syrup of Ipecac– it can be used to induce vomiting if necessary
- Laxatives
- Activated charcoal
- Any prescription drug that is normally taken.

You should consider putting a First Aid kit in your vehicle in case of an emergency on the road.

**“To be prepared is
half the victory”
-Miguel de**

For more information please see:

<http://go.usa.gov/0Aw>

iPhone App for Travelers

The U.S. Department of State has released a new iPhone application for travelers. The name of the app is “Smart Traveler.” It will provide easy access to important information. Travelers will be able to access official country information, travel

alerts, travel warnings, maps, U.S. embassy locations and more.

To find out more information go to:

<http://go.usa.gov/0oj>





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Meet the Team!

Our friendly American Citizen Services (ACS) team is looking for opportunities to meet our fellow Americans residing in Cameroon. If you or your business would like to arrange a meeting please contact us at: Consularyaounde@state.gov

We're on the Web

<http://yaounde.usembassy.gov/>



October is National Breast Cancer Awareness Month

- Out of all the women you know, nearly 1 in 8 of those women will develop some form of breast cancer.
- Only 3 percent of women die from breast cancer.

To learn more about this disease go to:

<http://www.breastcancersociety.org/>

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